



## Town of East Longmeadow Council on Aging



328 North Main Street, East Longmeadow, MA 01028  
413-525-5436 (Main Office) Fax: 413-526-9746

Executive Director

### Fitness Room Procedures

1. Fitness Center is for participants, 60 years and up. Cost is \$1 per day / \$1.50 for out of town residents. Multi visit cards \$10/20 visits,\$15/20 out of town residents.
2. COA is not responsible for any injury that may occur to individuals utilizing equipment. Members must be trained on each piece of equipment prior to use. This is mandatory.
3. Members participate at own risk. Liability and medical forms must be on file and reviewed by Health Educator prior to participation. These must be updated annually or after health incident/hospitalization.
4. Participants must sign in every time. Only registered participants allowed in room-no visitors.
5. Do not wear outside shoes in gym. Bring in shoes to change into. No sandals, boots, open-toed or open backed shoes allowed on equipment.
6. Store all personal items in cubbies. Members are required to pick up after themselves, discard trash and remove personal items.
7. Radios/CD players must be personal units with headphones.
8. Respect the rights of others by being courteous. Do not disrupt or interfere with the workout of another member. Do not "hover" while waiting for equipment.
9. Please abide by posted code of conduct.
10. No food or gum in gym, no smoking, or alcohol on premises.
11. Only water permitted in sealable, non breakable container.
12. COA is not responsible for lost/stolen items.
13. Be sure you know how to use equipment safely.
14. Cardio equipment -30" time limit-sign in sheet available.
15. Spray and wipe down equipment immediately after use.
16. Report injuries immediately.
17. Report damaged /malfunctioning equipment immediately.